

In a focus detection apparatus, an accumulation-type sensor formed of a plurality of sensor cells accumulates an image signal, and a component of the image signal is read from each cell for a focus detection calculation. A signal is read from a part of the cells in the sensor, and it is determined from the signal whether an image signal has a low contrast. When it is determined that the image signal has a low contrast, reading signals from the other cells is disabled to omit unnecessary signal reading operations.